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Anti Vitamin Baloney

Tom C. Petrie

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Heart disease, cancer and stroke kill over a million Americans each year while costing our country billions to treat. Meanwhile, the mainstream media ignores the role that good nutrition can play in preventing and curing these ailments. When they do cover this topic of supplements and disease, often it’s about the futility, or even the dangers of taking dietary supplements to fight disease—not their proven benefits. With health care expenses going through the roof, it’s time someone said “Enough is enough!” Anti-Vitamin Baloney explores in detail, the huge and frequent distortions in the media on the subject of vitamins and other nutritional supplements. It addresses specific articles with a negative slant on vitamins. To be sure, there are enough books on the benefits of nutritional supplements. Here’s an eye-opening look into the reasons behind the plethora of negative articles. Informative and fun to read, Anti-Vitamin Baloney is for anyone wanting to understand the reasons behind the media distortions about the health benefits of dietary supplements. For updates on this book go to http://www.AntiVitaminBaloney.com.

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